

Honey Mustard Sauce

Yield = 1 gallon, 64 ¼-cup servings



Ingredients

2 qt whole grain or Dijon mustard
3 lb 4 oz honey
¼ cup red wine vinegar
5 drops hot pepper sauce

How to Prepare

1. Combine all ingredients.
2. Serve at room temperature as a dipping sauce for salmon nuggets.
3. Refrigerate leftovers.

Makes 1 gallon, 64 ¼-cup servings.

----- **Nutrition Information Per Serving:** -----

Calories = 108
Calories from fat = 19
Total Fat = 2.2g
Saturated Fat = .1g

Cholesterol = 0mg
Sodium = 67mg
Total Carbohydrate = 22g
Dietary Fiber = 0g

Sugar = 18g
Protein = 2g
Vitamin A = 1RE
Vitamin C = 0mg

Calcium = 41mg
Iron = .8mg

Recipe provided by Food Management" magazine, an independent source. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category:
Key USDA Commodity:
Food Group:
Fact Sheet Database:

Sauces/Gravies.
Recipe accompanies salmon nuggets.
Not applicable.

Facts About USDA Commodities for Schools ... For more information visit our web site at <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.

E-mail Comments to:

The FDD Program Support Team at: fdd-pst@fns.usda.gov.

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